



"The Center of the State"

A NEWSLETTER FOR EMPLOYEES OF THE CITY OF ASHEBORO

OCTOBER 2012

All Employees Encouraged to Attend 15th Annual Health/Wellness Fair

The annual Employee Health Fair is always a favorite annual event for city employees. Each and every employee is encouraged to attend. We will have lots of exciting and educational booths for everybody to visit, good food (including **Janet's** famous macaroni salad), and plenty of door prizes to be given away.

DATE: Wednesday, October 10
PLACE: Public Works Conference Room
TIME: 8:30 a.m.—2:00 p.m.

Lunch Will Be Served From 10:30 a.m. to 1:00 p.m.

Drawings for door prizes will be held at the end of the Health Fair.



DON'T GET CAUGHT BY THE FLU BUG !

Free flu shots will be given by City Nurse **Janet Williams** for any interested employee from now until November 21. Also, if you have dependents who are on the city's health insurance plan, they are welcome to come by for flu shots. The Employee Health Clinic will be open from 7:00 a.m. to 4:00 p.m., Monday through Friday. There will be no assigned appointments, just come by when you can work it out with your supervisor.

Prevo Drug to Begin Offering Huge Discounts on Prescription Drugs for City Employees Effective October 10

Be sure to stop by the Prevo Drug Booth at the Health Fair to find out the details. Most prescription drugs will be offered at half the price of other pharmacies.

Condolences

- We offer our deepest sympathy to **Stewart Gatlin** (Facilities) on the loss of his mother, Doris Cole Gatlin, who passed away on September 20, 2012.
- We also offer our deepest sympathy to **Dwain Maness** (Street) on the loss of his father, Howard Maness, who passed away on September 21.



Marriage We offer our warmest congratulations and best wishes to **Shea Trotter Davidson** (Cultural Services), and her new groom, John Davidson. The couple was married on September 8.

New Arrivals ! !

- Congratulations and best wishes to **Todd DeHaven** (Police) and his wife, Angela, on the birth of their baby daughter, Athena Renee, on September 16.
- Also, congratulations and best wishes to **Eric Snodgrass** (Police), and his wife, Amanda, on the birth of their baby son, Eli James, on September 14.



Bill Zuker Wins Prize for Walking Program

During the months of June thru August, the city's Health/Wellness Committee invited all employees to "log" the time they spent walking. In September, when the minutes were added up, the Street Department's **Bill Zuker** came out on top. As his prize, **Bill's** GMC Sierra was cleaned from top to bottom by members of the Health/Wellness Committee. Congratulations to **Bill** and thanks to all of you who participated.



October Birthdays



Ricky Asbill
Greg K. Auman
Shannon Auman
Jimmy Cagle
Nate Davis
Mark Dildy
Drew Fioranelli
Stewart Gatlin
Coda Hamby
Jerry Hatley
David Hill
Timmy Hussey
Alan Jarrett
Mike Jones (Police)
Doug Kinney

Alan Kinney
Jason Maness
Bobby Nixon
Trevor Nuttall
Jeff Pasour
Billy Poole
Greg Routh
Tom Scaramastra
Sherrill Sermon
Gentry Smith
Jeremy Sudduth
Joe Terry
Dina Tutterow
Matthew Vann

Welcome to Our New Employees

Police

Billy Lowery, School Guard (Part-Time)

Recreation Services

Christopher Leonard, Recreation Aide (Part-Time)

Cameron Long, Recreation Aide (Part-Time)

October Service Anniversary

5 Years

Bryan Hurley—Street

The Annual Fall City Employee Golf

Tournament will be held on Saturday, October 27, beginning at 3:00 p.m. at the City Golf Course. This will be a 9 hole Captain's Choice, with a cost of \$10 per player. Prizes will be closest to the pin, and a plaque will be given to the winning team. Sign up at the City Golf Course as an individual or as a 4 man team. For more information call Golf Professional **Andy Nelson** at 625-4158.



2012 UNITED WAY CAMPAIGN BEGINS

Our 2012 United Way Campaign will be getting geared up in October. Please remember that even the smallest donation goes a long way toward helping the needy in our community. All employees who give will have a chance at a drawing for one of three (3) \$50 gas cards and three (3) \$50 Wal-Mart gift cards.

In addition, all "Caring Share" givers will be eligible for many great prizes, including a day off with pay, a chance at two (2) \$100 Wal-Mart gift cards, and a coupon for a free Chick-fil-A sandwich. Five "Caring Share" givers will have a chance at getting their birthday off of work. The Randolph County United Way is offering all those who give at least \$100, a chance at a car, either a Nissan Versa, Honda Fit, Dodge Dart, or a Mazda2. All "Caring Share" givers in Randolph County will have a chance at \$500 in furniture from Klausner Furniture, a set of tires from Oliver Rubber, or a 1 year family membership to the Asheboro/Randolph YMCA.

New Medical Benefit

The Hope Center Corporate will be open to employees and family members enrolled in the City of Asheboro Health Plan. Simply show your membership card at the time of your Hope Center appointment, and the cost of your medical care, minus the copayment, will be paid directly by the City of Asheboro. The Hope Center **copayment is only \$5**, instead of the \$25 copayment required at other providers. Employees should primarily use the city's Employee Health Clinic at the Public Works Facility on days that the clinic is open.

The new Hope Center is conveniently located at 600 W. Salisbury Street. Medical services include check-ups, sick visits, injuries, basic tests, and digital x-rays.

Hope Center hours are Monday—Thursday, 8:00 a.m. to 5:00 p.m., and Friday 8:00 a.m.—12:30 p.m. You can make an appointment by calling 736-8353.

Promotions

Police

Robbie Brown—Police Lieutenant

Travis Curry—Police Sergeant

Eddie Howell—Police Sergeant

Todd Swaney—Police Captain

Water Treatment Plant

Tracey Maness—Water Treatment Plant Operator III

Getting Ready for Colds and Flu

Most viruses are spread by hand-to-mouth contact or in airborne droplets caused by coughing or sneezing. That is why it is so important to wash your hands frequently. Use warm water and soap, and scrub for at least 15 seconds. Always wash your hands before and after meals; after preparing food; after using shared office equipment such as phones, keyboards, and faxes; and after you shake hands, especially with someone that you know is not feeling well.

Your work area or desk is always a breeding ground for germs. Keep your desktop and work area disinfected at least two or three times a week.

If you don't have a tissue, cough into your elbow instead of your hands. As much as possible avoid touching your eyes, lips, or mouth with your hands. **Ways you can boost your immune system to prevent colds and flu:** Get an annual flu shot (available at City of Asheboro Employee Health Clinic); Eat plenty of fruits, vegetables, and whole grains. Reserve high-fat, high-sugar, and high-salt foods for once-in-a-while treats; Take a multivitamin/mineral supplement as "nutrition insurance;" Don't smoke; If you drink alcohol, drink in moderation (no more than one drink a day for women, two a day for men); Try to get eight hours of sleep each night; Get at least 30 minutes of brisk exercise most days of the week; Relax—Feeling stressed can leave us vulnerable to all sorts of ills—from colds to cancer; Laugh more; Share moments with friends; Reward yourself with the little things in life.